



# Pentagram

Online version, Vol. 2, No. 26 July 1, 2021

home.army.mil/jbmhh

Published For Joint Base Myer-Henderson Hall

## Celebrating July 4 on JBM-HH

### Complied by JBM-HH PAO

The Presidential Salute Battery of the 3d U.S. Infantry Regiment (The Old Guard) will pay tribute to the nation with a 50-gun salute, one round for each of the 50 states of the union, at noon July 4 on Whipple Field, which is on the Fort Myer side of the base. All are advised that Marshall Drive, next to Whipple Field, will be blocked during the ceremony. Please be aware that a short period of gunfire may be heard in the vicinity of the joint base at this time.

Then beginning at 5:05 p.m., Whipple Field will open to all Department of Defense ID card holders, their Families and guests to view the National Mall fireworks. The fireworks are set to start at 9:09 p.m. Be advised that the fireworks may be delayed or cancelled if there is significant weather.

DOD card holders bringing guests are advised that their guests prevet in advanced. Guests not currently registered at the joint base for access may apply online at <https://pass.aie.army.mil/jbmhh>. Upon successful vetting, applicants will receive an email containing their pass as both a printable PDF and a scannable cell-phone image.

Wright Gate, located at N. Meade Street and Marshall Drive,

will close to all vehicular traffic beginning at 3 p.m. July 4 in preparation for the Whipple Field fireworks viewing. Be advised the gate may close earlier. Pedestrian access and egress will be allowed at Wright Gate until the gate closes at 11 p.m. As a reminder, only DOD-issued ID card holders may enter through Wright Gate. The gate will reopen to vehicular traffic at 5 a.m. July 5.

In addition, to prepare for the arrival of guests for the fireworks viewing, Marshall Drive and Jackson Avenue will close to vehicle traffic beginning at 4:15 p.m. The McNair Road exit will be closed to north bound vehicular traffic beginning at 4:30 p.m.

This year's viewing will include the opportunity to purchase food and nonalcoholic beverage through JBM-HH MWR vendors. Cash and credit forms of payment will be accepted. Concessions will be available at the DFMWR pool, which will be open July 4 from 11 a.m. to 8 p.m. Concessions will also be available at Whipple Field, shortly after the field opens to guests.

After the fireworks, vehicles may exit via Hatfield Gate and Henderson Hall Gate 1. Guests are asked to follow the direction of emergency services personnel to exit the base.

Parking at JBM-HH is in au-

thorized parking spots only. Due to street closures, the Tri Services lot is recommended.

### **Approved and prohibited items**

Approved visitor items at JBM-HH include clear plastic bottles, backpacks, strollers, diaper bags, chairs, blankets, seat cushions, cellphones, cameras (in accordance with JBM-HH photo policy) and service dogs. All items are subject to search.

Prohibited items include alcohol, weapons (firearms and knives with blades greater than 2.5 inches), grills, fireworks (to include sparklers), glass containers, pets, laser pointers, drones, pop-up tents, and running games such as football, baseball, and Frisbee.

### **Arlington County**

Arlington County has announced its road closures around the Fort Myer and Henderson Hall portions of JBM-HH as county



*Photo by Rachel Larue*

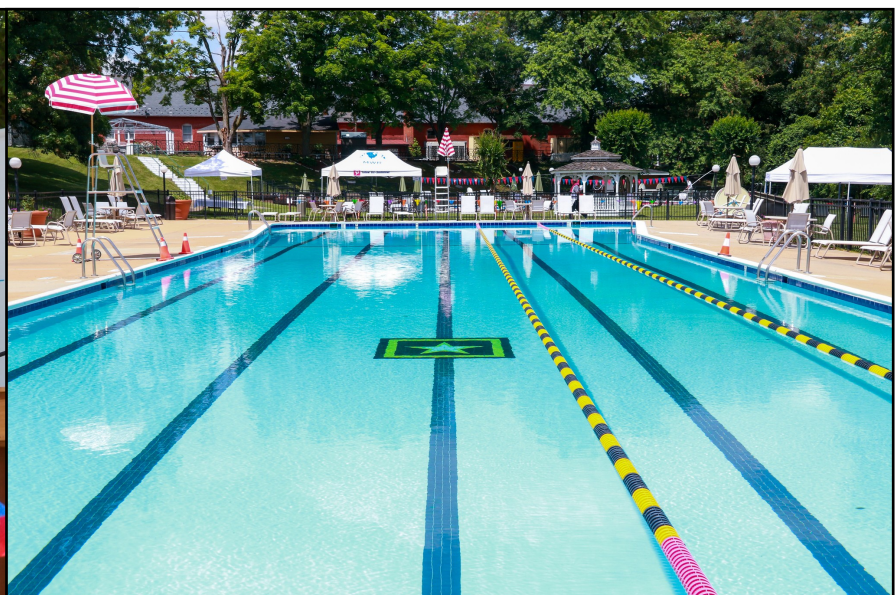
The view of the Washington, D.C., Independence Day fireworks show from Joint Base Myer-Henderson Hall's Whipple Field.

police prepare for other Fourth of July fireworks viewing sites. To view a full list of closures in Arlington County, visit <https://newsroom.arlingtonva.us/release/traffic-alert-july-4th-road-closures-6/>.

### **Washington, D.C.**

The National Parks Service has released a list of road closures in the Washington, D.C., area. To view the list, visit <https://www.nps.gov/subjects/nationalmall4th/closures.htm>.

## DFMWR Pool Complex reopens during ribbon cutting ceremony



*Photos by Sgt. Austin Boucher*

The 50-yard pool at the DFMWR Pool Complex. The DFMWR Pool Complex reopened during a ribbon cutting ceremony Friday.

(Left to right) Joint Base Myer-Henderson Hall Command Sgt. Maj. Matthew Majeski, JBM-HH Commander Col. Dave Bowling and Kelly Nebel, chief of the JBM-HH DFMWR Business Recreation Division, cut the ribbon for the reopening of the DFMWR Pool Complex. After not opening in 2020 during the pandemic, the DFMWR Pool Complex reopened during a ribbon cutting ceremony Friday. Since the joint base remains at Health Protection Condition Bravo, there are special restriction in the pool, and on the deck and a maximum of only two pools to be in operation. DFMWR is prepping the figure 8 pool. DFMWR plans to expand its operations to three pools when the joint base goes to HPCON A. The pool is open daily from 11 a.m. to 8 p.m. until Labor Day, Sept. 6.



# Pre-K children graduate from CDC’s Strong Beginnings program

Compiled by Catrina Francis  
Pentagram Editor

On June 24, 39 4- and 5-year old children graduated from the Joint Base Myer-Henderson Hall’s Cody Child Development Center’s Strong Beginnings Program.

The Army’s Strong Beginnings program focuses on the social, emotional, cognitive and physical development of 4 and 5 year olds. This unique Child and Youth Services’ program promotes academic readiness skills and resiliency as children transition to kindergarten.

At Cody Child Development Center, the Strong Beginning’s teachers never stopped teaching during the pandemic; they worked from home using Zoom to participate in different activities with the children to include sending lesson plans and specific studies, art projects, reading stories and lots more. They communicated with the parents daily via email and phone calls to check on the children and their Families. Even with all the uncertainty during the pandemic, the teachers kept the children’s educational future at the forefront to prepare them for kindergarten.



Photos by Myisha Hood

Students recite the Pledge of Allegiance during the June 24 Strong Beginnings program graduation at Joint Base Myer-Henderson Hall’s Cody Child Development Center. During the pandemic, the Cody Child Development Center Strong Beginnings’ teachers never stopped teaching during the pandemic; they worked from home using Zoom to participate in different activities with the children to include sending lesson plans and specific studies, art projects, reading stories and lots more.



Students prepare to march before their Strong Beginnings program graduation at the Cody Child Development Center June 24.



Students smile while showing their diplomas after graduating from the Cody Development Child Center’s Strong Beginnings program June 24.



A student walks back to his seat after receiving his diploma.

## Pentagram



The Pentagram is an authorized publication for members of the Department of Defense. Contents of the Pentagram are not necessarily the official views of the U.S. Government, the Department of Defense, the Department of the Army, Department of the Navy, or Joint Base Myer-Henderson Hall. The content of this publication is the responsibility of the Joint Base Myer-Henderson Hall Public Affairs Office.

Col. David Bowling  
Commander  
Command Sgt. Maj. Matthew Majeski  
Command Sergeant Major  
Julia Simpkins  
Command Information Officer

Catrina Francis  
Editor  
Emily Mihalik  
Graphic Artist  
Sgt. Austin Boucher  
Staff Photographer



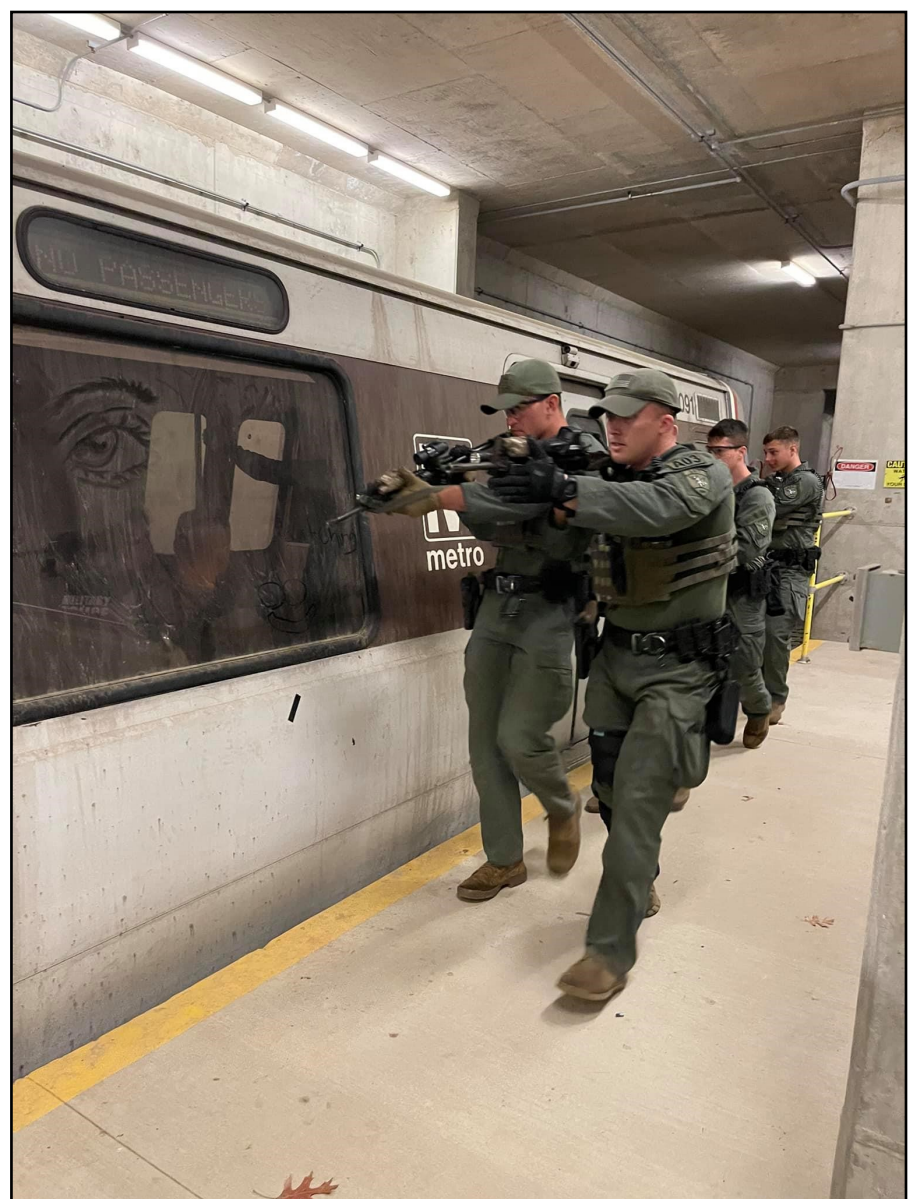
# Community

## ‘Hooligans’ conduct monthly range density at Fort AP Hill



*Photos courtesy of 289th Military Police Company*

The 3rd Platoon “Hooligans” executed its monthly range density at Fort AP Hill, Virginia. The week commenced with the U.S. Army Law Enforcement Weapons Qualification for the M17 Pistol and M4-series Carbine. The platoon continues to build and sustain readiness in individual weapons proficiency. The Hooligans participated in an obstacle course that integrated real-time resilience by negotiating obstacles to build self-confidence and promote esprit de corps within the team. Members of the Military District of Washington Special Reaction Team, along with the 947th Military Police Detachment, train on the principles of close quarters battle integrating Military Work Dog teams to enhance critical incident response. The training focused on tubular assaults, which pose a significant risk due to restricted area movement, close proximity to threats and the strong possibility of multiple nonhostile occupants.







AAFES shoppers generate \$980,055 for joint base community in 2020

By AAFES

It matters where Soldiers and their Families shop, and authorized Army & Air Force Exchange Service shoppers are doing their part to strengthen the Joint Base Myer-Henderson Hall community. In 2020, Exchange shoppers generated \$980,055 for critical quality-of-life programs at Joint Base Myer-Henderson Hall.

The dividend helps support Child, Youth and School Services, Armed Forces Recreation Centers and other programs critical to readiness and resiliency.

“While 2020 was a challenging year, the Exchange leaned forward to deliver safe, sanitized and secure shopping to the Joint Base Myer-Henderson Hall community,” said Joint Base Myer-Henderson Hall Exchange store manager Ralph Metzler. “The best customers in the world took notice and continued to do their part to strengthen quality-of-life support for Soldiers and their Families, highlighting that it truly matters where you shop.”

Whether shopping at a PX or online at ShopMyExchange.com, 100% of Exchange earnings support the military community. In

2020, Exchange shoppers invested a total of \$153 million into quality-of-life programs at military installations worldwide. In the past 10 years, the Exchange has contributed \$2.1 billion to such programs.

The Exchange is the 61st largest retailer in the United States. Serving warfighters since 1895, the Exchange offers tax-free shopping and military-exclusive pricing at military installations and remote or austere locations worldwide.



Independence Day (observed)

The below services are open Independence Day Monday. Call before visiting any services not listed.

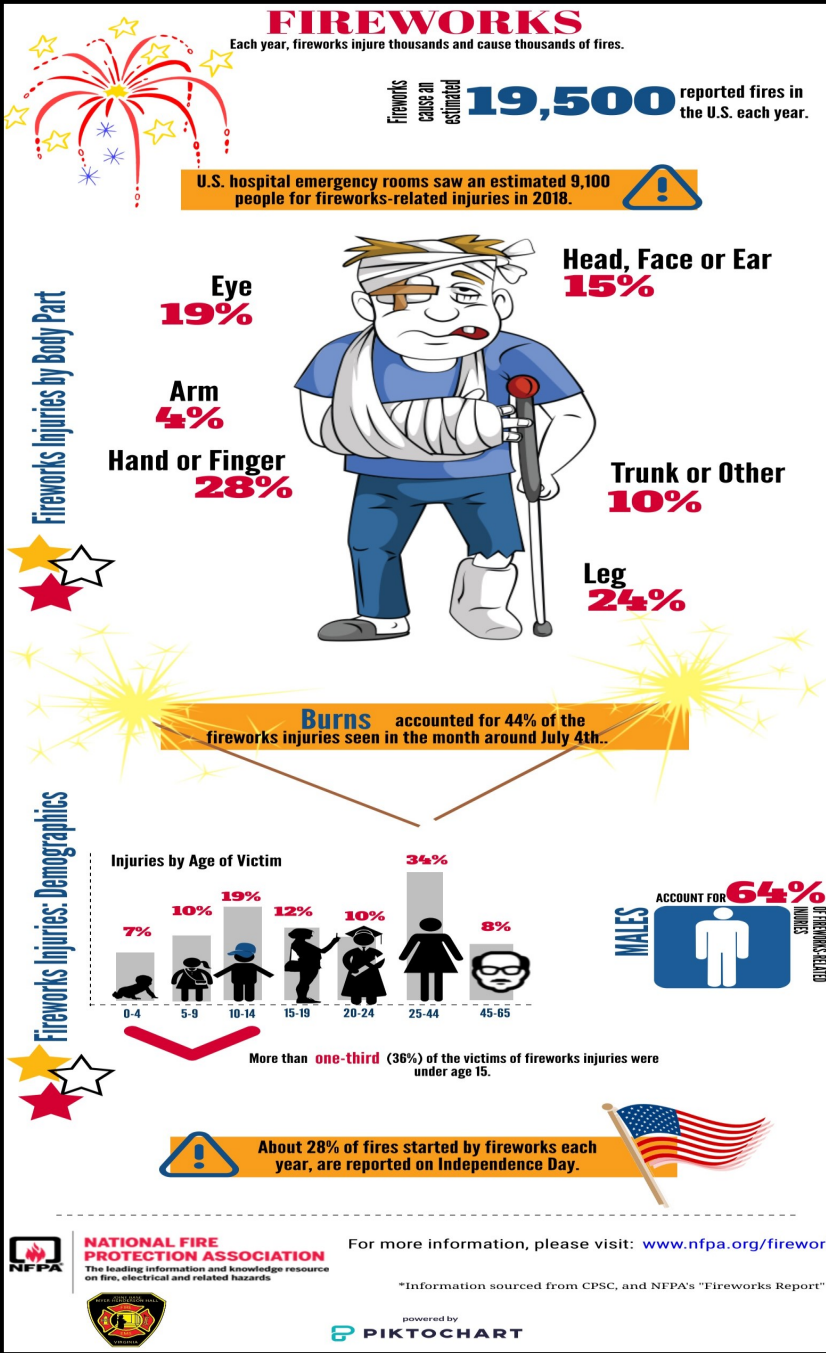
Services open Monday July, 5.

Facility	Hours
JBM-HH Commissary	8 a.m. to 7:30 p.m.
Panda Express	10 a.m. to 4 p.m.
Myer Express	9 a.m. to 7 p.m.
DFMWR Pools	11 a.m. to 8 p.m.
MCX and Vineyard	10 a.m. to 6 p.m.
American Clipper (HH)	11 a.m. to 3 p.m.
Dining Facility	Breakfast - 6:30 a.m. to 8:30 a.m. Lunch - 11:30 to 1 p.m. Dinner - 4:30 to 6 p.m.

The JBM-HH Bowling Center will be closed both July 3 and 4.

Note about Sunday, July 4:

Some services will modify hours July 4. On July 4, the Fort Myer Commissary will be open from 8:30 a.m. to 4:30 p.m. The PX Main Store, Subway, GNC, Barbershop, and Panda Express will be open from 10 a.m. to 4 p.m. Starbucks will be open from 10 a.m. to 3 p.m. The Myer Express will be open from 9 a.m. to 7 p.m.







### Virtual play morning

On Thursdays, from 10 to 10:30 a.m. virtual play morning will be held virtually on Webex. For more information and to register, call (703) 859-4891 or (703) 614-7208. Join the JBM-HH New Parent Support Program every Thursday morning for sing-along-songs and story time for preschool children up to 5 years old.

### Baby bundles

Baby bundles, which is available by request, prepares the home and relationship for the

changes that are needed when the baby arrives. A brief overview of the labor and delivery process, newborn care and baby proofing the home will be discussed. Individuals will receive a gift bag of free baby care and safety items. Registration is required. For more information or to request training, call (571) 550-9052.

### ACS YouTube channel

JBM-HH Army Community Service has

announced a newly created YouTube channel that provides classes and information videos, all under 30 minutes, to assist participants on topics such as stress management and marriage enrichment. To see the videos, visit the YouTube site at <https://www.youtube.com/channel/UCnTcKDomPZeXmvnYddOIQkg>, and click “Subscribe” and continue to receive resources available whenever.

# Army prepares to start FY 2022 under continuing resolution

By Devon Suits  
Army News Service

The Army expects to start fiscal year 2022 under a continuing resolution, as there is no indication that lawmakers will pass an appropriations bill before Oct. 1, the director for Army Budget said June 24.

The Army released its \$173 billion budget proposal for fiscal 2022 last month, prioritizing people, readiness and modernization efforts with a \$3.6 billion reduction from fiscal 2021’s enacted budget, said Maj. Gen. Paul A. Chamberlain, the director of the Army budget.

“Most of that reduction is attributed to force structure changes in the (U.S. Central Command’s area of responsibility),” Chamberlain said during an Association of the U.S. Army Noon Report. “Those big changes are what drove the difference between fiscal 2021 enacted and the fiscal 2022 budget (request).”

Should a CR be necessary and enacted then the Army will be limited to fiscal 2021’s enacted funding levels. Moreover, while last year’s funding is greater than the current proposal, Chamberlain said, senior leaders will need to moderate their spending to account for the multibillion-dollar difference between both budgets.

“The biggest challenge is the unknown,” Chamberlain said, adding that a CR will limit the Army’s ability to start new programs and projects, and prohibit a production rate increase and slow the service’s overall rate of execution.

“We don’t ever want to look at a commander and say, ‘We don’t have enough money to do the mission,’” he said. “We have to be conservative in our approach (and determine) how much money we will need to allocate until a budget is fully enacted.”

Chamberlain said that military

personnel accounts are slated to see a \$1.2 billion increase under fiscal 2022 funding that includes a 2.7% basic pay increase for both Soldiers and Army civilians. Further, the proposal includes a 2.3% increase in basic allowance for subsistence and a 3.1% boost to basic allowance for housing.

“People are the Army’s No. 1 priority,” Chamberlain said. “There is additional funding for talent management programs for both military and civilians (to help put the) right Soldier or civilian in the right job, in the right place, at the right time.”

The request also includes a nearly \$4 billion reduction in research, development, test and evaluation or RDT&E, and procurement funding from fiscal 2021’s enacted request, said Brig. Gen. Michael C. McCurry, the director of force development.

Despite the decrease, leaders prioritized funding to protect its six modernization priorities and 31+4 signature efforts and supports the Interim National Security Strategic Guidance, he added.

“Some of our adversaries took lessons from the last 20 years of



**Soldiers complete a 5K race in preparation for a jungle operations training course at Schofield Barracks, Hawaii, May 14.**

*Photo by Jessica Scott*

the Army’s contingency operations,” McCurry said. “They are attempting to erode our competitive advantage and have specifically focused on their (anti-access and area denial) capabilities.”

Leaders will continue aggressive reform efforts to free up more money through future “night court” sessions, McCurry said. The Army has already reallocated more than \$30 billion in support of its modernization priorities.

Chamberlain also mentioned reducing several enduring capabilities and programs in the Army’s RDT&E accounts to support the increase in military personnel spending and offset a difference in the Army’s operation and maintenance budget, which is \$700 million lower than the fiscal 2021 level.

The fiscal 2022 request is

slated to eliminate seven programs, returning close to \$50 million in funding. The Army will also delay or reduce nearly 40 programs, which include support to enduring capabilities like the M1 Abrams, Armored Multi-Purpose Vehicle, and the Joint Light Tactical Vehicle, among others.

“The struggle there is we have picked all the low-hanging fruit,” McCurry said. “Any further reduction would force us to make some hard choices between modernization priorities and the sustainability of enduring programs.”

The Army needs timely, adequate, predictable and sustained funding to meet current and future requirements and ensure that the Army can compete, deter and defeat the nation’s adversaries, Chamberlain said.



# Letting the light in

By Retired Chaplain (Maj. Gen.) Ray Bailey  
Former Deputy Chief of Chaplains

I need to go easy on others and myself. I keep wanting perfection and getting imperfection. When others or I fail, it's a "told you so" moment. Reasoning says that if I don't believe that others and I can be perfect, then why do I harshly judge their mistakes and myself. Is it because the standard is perfection? I found this poem by Leonard Cohen that really helps in my disappointment.

*"Ring the bells that still can ring. Forget your perfect offering. There is a crack in everything. That's how the light gets in."*

Within my life, the cracks are where the light of understanding, humility, acceptance and forgiveness gets in. I allow myself to be fully human journeying toward as much perfection I can handle in an imperfect life. This allows me to mutually accept the fractured life of others and allow them their journey.

A fellow asked his friend why he never married. The friend replied, "Well, I guess I just never met the right woman; I guess I've been looking for the perfect girl."

"Oh, come on now," said the first guy. "Surely you have met at least one girl that you wanted to marry."

"Yes, there was a girl ... once. I guess she was the one perfect girl; the only perfect girl I really ever met. She was just the right everything. I really mean that she was the perfect girl for me."

"Well, why didn't you marry her?" asked



Photo by Air Force Senior Airman Jensen Stidham  
Senior Airman Michael Cossaboom, 20th Fighter Wing Public Affairs photojournalist, pretends to eat the sun during a sunrise in Asheville, North Carolina.

the fellow.

"Because she was looking for the perfect man."

Good points made there. Within our relationships with others (as well with ourselves), we need to understand that we will never find the perfect person.

If we look at others with the understanding, empathy and forgiveness of a fellow traveler of imperfection and fractured living, we discover that our Creator helps us to accept ourselves and others' humanity.

Perfection is boring, but getting better, all the time is just about right.

## JBM-HH Vacation Bible School

The Joint Base Myer-Henderson Hall virtual Ecumenical Vacation Bible School will be held July 26 through 30 from 9:30 to 11:30 a.m. Children will be able to embark on an epic quest through hidden ruins, ancient caves and dense jungles. At Treasured VBS, kids dig into action-packed, faith-filled adventures. They'll discover God's greatest treasure isn't diamonds, gems or gold — it's them.

For more information, please visit <https://vbspro.events/p/events/jbmhh21>, the JBM-HH RSO at [usar-my.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usar-my.jbmhh.usag.mbx.memorial-chapel@mail.mil), or call (703) 696-7671.

JBM-HH Religious Services are on a weekly basis at Memorial Chapel.

To view service updates, please visit the Religious Support Office Facebook page at <https://www.facebook.com/jbmhhroso> or email the Religious Support Office at [usar-my.jbmhh.usag.mbx.memorial-chapel@mail.mil](mailto:usar-my.jbmhh.usag.mbx.memorial-chapel@mail.mil). Services are subject to cancellation in the event of inclement weather.

Catholic Mass	Saturday at 5 p.m. and Sunday at 8:30 a.m.
Protestant Service	Sunday at 10:30 a.m.
Gospel Service	Sunday at 12:30 p.m.
Samoan Service	Held the first Sunday of every month at 2:30 p.m.

The RSO now streams the following Sunday services via the JBMHH Religious Support Facebook page:

Catholic Mass	8:30 a.m.
General Protestant	10:30 a.m.
Gospel Service	12:30 p.m.

The Fort Belvoir Jewish Congregation host Saturday services and religion education opportunities for Families. For information about Saturday services and programs at Fort Belvoir, contact the Jewish coordinator, Sara Astrow by email at [saralyn.astrow.ctr@mail.mil](mailto:saralyn.astrow.ctr@mail.mil) or phone at (703) 806-3393.



# Think sunscreen, water for summer sun safety

By Janet Aker  
MHS Communications

Sun safety should be an every-day concern regardless of the season. An individual’s most potent safety protections against the sun are dollops of UVA/UVB sunscreen, lots of water and knowing his or her own physical limitations.

UVA and UVB rays are the most common types of ultraviolet rays the sun produces. According to the Food and Drug Administration, UVA rays have longer wave lengths and can penetrate the middle layer of your skin (dermis), while UVB rays have shorter wave lengths that reach the outer layer of your skin (the epidermis).

UVA and UVB rays can cause damage to your skin. Sunburn is a sign of short-term overexposure, while premature aging and skin cancer are side effects of prolonged UV exposure.

“Sun safety doesn’t need to be complicated; it just needs to be consistent,” said Navy Lt. Cmdr. (Dr.) Nathan Zundel, department head of Emergency Medicine at Navy Medicine Readiness Training Command Twentynine Palms, California. “Parents especially can help children develop a regular habit of UV protection so that, like seatbelts, it becomes second nature as they get older.”

Below are some recommendations to be safe in the sun:

- Always wear sunscreen outside and reapply frequently, especially to highly sensitive areas such as a person’s ears, nose, neck and chest, and his



Photo by Air Force Staff Sgt. Sheila deVera

The 673rd Medical Operations Squadron Dermatology Clinic at Joint Base Elmendorf-Richardson, Alaska, offers these tips to prevent the onset of skin cancer such as generously applying sunscreen that is SPF 30 or higher, wearing protective clothing, seeking shade when the sun’s rays are the strongest between 10 a.m. and 4 p.m., and monitoring any changes in the body.

- or her scalp. Don’t forget the back of the neck, hands and the tops of the feet.
- Use the highest-level SPF sunscreen a person can find (at least SPF 30).
- UVA/UVB blocker ingredients such as zinc oxide are good to look for on the sunscreen’s label.
- Sunscreen takes a while to absorb and activate, so apply at least 15 minutes before a person goes outside.
- Wear sunscreen every day. The effects of sun exposure are cumulative and can cause skin cancer.
- For children, try applying a sunscreen that a person can see, such as purple ones that change to clear as they dry. That way, a person will get every spot.
- Hats and sunglasses are a good idea each time an individual goes outside.
- Try to stay out of the sun when it is at its height, especially between the hours of 10 a.m. and 4 p.m.
- An individual should know his or her own limits when it comes to activity.
- Watch for signs of heat strain and heat stroke. These include:
  - a. Painful muscle spasms in the legs or abdomen
  - b. No sweating
  - c. Goosebumps
  - d. Headache
  - e. Clamminess, pale skin
  - f. Dizziness or disorientation
- If a person feels thirsty, he or she is already dehydrated, so drink plenty of water at constant rates.

## Tips to keep kids’ minds active all summer long

By StatePoint

School is out and already parents are hearing the dreaded, “I’m bored.” Unfortunately, too much mental downtime in summer can leave kids floundering in fall.

To keep minds active all summer long, check out these brain energizing tips and ideas:

- **Take a hike:** Whether children were learning remotely or in-person this past school year, they are likely due for some quality time spent outdoors. Parents should take a hike with their kids or go on a camping trip. Exploring the natural world offers a geology, biology and ecology lesson wrapped up into one experience.
- **Visit the library:** Many schools, local libraries and other entities dedicated to childhood literacy host annual summer reading challenges. Parents can encourage their kids to not only participate, but to actively choose books they are looking forward to reading.
- **Get moving:** Exercise is critical for a healthy brain, so make sure kids are moving

each day. Take a bike ride together as a family, visit a playground or pool, round up the neighbors for a game of flag football — there are many fun ways to boost physical activity, particularly during the summer months.

This summer, be sure you mix up the down time with opportunities to exercise the mind. Doing so will keep kids happy, entertained and intellectually challenged.



Photo by XiXinXing / iStock via Getty Images Plus

To help with the “boredom” of summer, parents can keep their minds active all summer long.





Photo by Rebecca Westfall

If an individual sees the signs in himself, herself or someone else, please call 9-1-1 so he or she can get the proper treatment. A person can save a life in doing so.

# Signs, symptoms of stroke, what to do about them

By Claudia Sanchez-Bustamante  
MHS Communications

The most important factor to keep in mind during a stroke is not wasting time, say neurological specialists. “Time is brain,” is the common medical adage, because every second counts to get the best possible outcome. According to Lt. Col. (Dr.) Michael Crimmins, chief of interventional neuroradiology and stroke medical director at the Walter Reed National Military Medical Center in Bethesda, Maryland, humans lose about 1 million brain cells per minute during a stroke. He recommends getting to a hospital right away, preferably by ambulance, “because they can bypass triage and get you immediate medical attention.”

A stroke can cause lasting brain damage, long-term disability or even death, said the Centers for Disease Control and Prevention. Crimmins explained strokes are the No. 1 leading cause of preventable disability in the United States and among the top 10 causes of death for men and women in the country. They can occur from two scenarios:

“There are ischemic strokes, where a blood clot stops the blood from flowing into the blood vessels of the brain,” said Crimmins. “And there are hemorrhagic — or bleeding — strokes, where a blood vessel tears or ruptures, causing bleeding into the brain.”

In both cases, the flow of oxygen and nutrients to the brain is interrupted. “When you lack blood flow to the brain for long enough, the neurons — the brain cells — start to die,” said Crimmins. “The brain and the neurons control our ability to use our bodies, so once they die it’s very difficult to recover that function, especially as we get older.”

These include functions like movement, breathing, and digestion; memory storage; and thoughts, emotions, and language, according to the CDC.

Ischemic strokes, noted Crimmins, are what

most people think about when they think about stroke. Those can be caused by a variety of factors.

“The most common cause is frequently due to an embolism, a clot that forms in the heart, which the heart then pumps into the brain,” he said. “Other people have carotid artery disease and others have narrowing, or atherosclerosis, of the blood vessels of the brain itself, so any one of those can stop blood from flowing into the brain.”

Moreover, while there are risk factors that elevate the potential for suffering a stroke, having one often happens unexpectedly, with patients not realizing they’re having a stroke “until they do,” he said.

“In that case, the onset of symptoms is very quick — they go from having no symptoms one minute to having an inability to speak or move a part of their body the next,” he said.

Risk factors can be genetic and include hypertension, diabetes, elevated cholesterol, smoking and the use of illegal drugs, such as cocaine. However, according to Crimmins, they’re treatable.

“Sometimes, we can work on those with medication, by adjusting the patient’s diet, or helping them make other lifestyle changes to reduce inflammation,” he said. “If you have concerns over some other risk factors, it would be smart to try and maximize your health, like getting these medical conditions under control to prevent strokes and the potential for dementia down the road.”

At a military medical treatment facility, neurologists like Crimmins conduct a series of tests to identify the type of stroke a patient is having before treating it.

“We can potentially give clot-busting medication or even do a surgical removal of a clot by accessing the artery in the leg and going up to do an extraction,” he said.

The medication works by dissolving the clot and improving the blood flow to the part of the brain being deprived of blood and oxygen,

noted Crimmins.

“For severe strokes, surgical intervention has been found to be the most helpful way to treat somebody with a severe stroke,” he said.

Either way, the most important takeaway is getting immediate attention.

“We know that the longer you wait the less likely you are to have a good outcome after a stroke,” said Crimmins.

Below are some important facts about strokes:

- Don’t waste time — act F.A.S.T. to get medical attention as soon as you notice symptoms of a stroke.
- Men and women present the same symptoms of strokes.
- Depending on which blood vessel is closed off, symptoms can include any change in typical brain function. Slurred speech or a change in speech, such as a “word salad” in which words don’t seem like they go together and are not what a person means; weakness on the arm, face, or leg; double or blurry vision; severe vertigo or dizziness, severe headache.
- It’s possible to have a stroke and not even know it. Strokes can be asymptomatic, or silent, and are only discovered as scar tissue on the brain once people see their doctor for what they think are memory problems or headaches.
- Untreated strokes can lead to dementia due to a chronic loss in mental faculties.
- Individuals can help reduce his or her risk of stroke by maintaining healthy living habits and controlling certain medical conditions.
- Once a person has a stroke, he or she is at higher risk of having another stroke soon.
- Strokes occur more frequently in the people between the ages of 60-80. However, there are a fair number of younger people who have strokes, including service members, due to irregular heart rhythm or a tear in the blood vessels, called a dissection.



# Change to policy allows transgender Soldiers to serve openly

By Devon Suits  
Army News Service

Transgender personnel and individuals with gender dysphoria who can meet the Army’s standards for military service can now serve openly in their self-identified gender, according to a new policy approved this month by the Army secretary.

Army directive 2021-22 changes the service’s retention, separation, in-service transition and medical care standards for transgender personnel and refines entry criteria for individuals with gender dysphoria, following Department of Defense guidance, said Maj. Gen. Douglas F. Stitt, military personnel management director.

“People are the strength of our Army,” Stitt said June 22. “Our ability to assess and retain qualified personnel provides a more diverse and stronger Army, enhancing readiness.”

A Soldier’s gender identity will no longer be a basis for involuntary separation or military discharge, denied reenlistment or continuation of service, or subjected to adverse action or mistreatment, the policy states.

The updated policy will apply to all active duty, National Guard and Reserve Soldiers, U.S. Military Academy cadets, and contracted Reserve Officer Training Corps cadets. Military medical providers will provide medically necessary care for transgender Soldiers following guidelines by the assistant secretary of defense for health affairs and the Army surgeon general, Stitt said.

“Every Soldier is different,” Stitt said. “When a military medical provider gives diagnosis of gender dysphoria, that Soldier will need to sit down with their chain of command and medical provider to determine what is medically necessary for an effective transition.”

Commanders should approach a Soldier’s gender transition in the same way they approach any Soldier receiving any other necessary medical treatment, the policy reads. Leaders must also do their part to minimize the impact on



*U.S. Army photo illustration*  
**Soldiers with the 603rd Aviation Support Battalion participate in a drill and ceremony competition at Hunter Army Airfield, Georgia, June 4.**

mission readiness, all while balancing the Army’s needs with the desires of the transitioning individual.

Once a Soldier is stable in their self-identified gender, they can then request to change their gender marker in the Defense Enrollment Eligibility Reporting System. Once the change is complete, all policies and standards for that given gender will then apply, the policy reads.

Individuals will then be expected to meet all uniform, grooming, body composition, physical readiness and drug-testing standards. Similarly, a Soldier’s identified gender in DEERS will permit them to access gender-specific facilities, such as bathrooms and showers.

### Recruitment

Transgender personnel and individuals with gender dysphoria must meet all applicable medical accession standards to gain entry into the Army, the policy reads.

Before the updated Army guidelines, individuals with gender dysphoria were presumptively

disqualified unless stable for 36 months and willing and able to serve in their biological sex, Stitt said. Under the new guidance, this duration to meet standards is now 18 months of stability and the person can serve in their self-identified gender.

“This gives the Army a bigger applicant pool to consider,” Stitt said.

Applicants must present documents to validate their self-identified gender, such as a birth certificate, U.S. passport or a certified copy of a court order reflecting one’s self identified gender, the policy states.

If an individual cannot meet a medical criterion, they can request a waiver for evaluation under DOD and Army policies. The standard for approval will be determined individually and must be in the Army’s best interests after a thorough review of the individual’s potential.

### Equal opportunity

The Army must continue to operate in an environment free from harassment and unlawful discrimi-

nation based on race, color, national origin, religion, sex, gender identity and sexual orientation, Stitt said. Training on the new policy will be necessary to ensure proper integration throughout the force.

Over the next year, the service will launch a three-tiered training model, starting with the judge advocate general, Medical and Chaplain Corps and inspector general personnel, Stitt added.

The second tier will follow shortly after and provide education to leaders and supervisors, followed by unit-level training during the third tier.

All training on the updated policy must be completed no later than June 25, 2022, Stitt said. The Army will then have until September 2022 to adjust existing instruction blocks to train personnel on gender dysphoria and any changes to DOD and Army transgender policies.

“Department of Defense policy allows transgender personnel to serve openly,” Stitt said. “Now we have the Army policy to support it.”



# LET FREEDOM RING

Independence Day Virtual Celebration

## Independence Day Concert

On the eve of this special holiday weekend, Pershing's Own shares a virtual birthday greeting to celebrate the return of some of our personal freedoms and the tenets upon which our country was forged.

Thu / Jul 1 / 4 pm





# News Notes

## JBM-HH virtual town hall

The next JBM-HH Virtual COVID-19 Town Hall is set for Thursday at 1 p.m. with host Joint Base Commander Col. David Bowling.

Town halls occur biweekly Thursdays at 1 p.m. on the JBM-HH Facebook page.

Go to the JBM-HH Facebook page to ask questions in advance. Individuals may also ask questions anytime by contacting the public affairs office at [usarmy.jbmhhh.asa.list.pao-all@mail.mil](mailto:usarmy.jbmhhh.asa.list.pao-all@mail.mil).

## Stay safe over the holidays

Fireworks are often used to mark special holidays like Independence Day. The only safe way to view fireworks is to attend a professional show. With many professional firework shows being canceled this year, it is important to know that fireworks are not safe in the hands of consumers. Fireworks cause thousands of injuries each year. For safety tips, visit <https://www.nfpa.org/fireworks>.

## National Mall July 4 update from NPS

The National Park Service will once again host the annual Independence Day fireworks celebration on the National Mall, the nation's most important civic space and home to more than a dozen memorials that commemorate great Americans and significant events in the nation's history. The 17-minute display will be held Sunday starting at 9:09 p.m. and will be launched from both sides of the Lincoln Memorial Reflecting Pool.

Consistent with CDC recommendations, people who are not fully vaccinated must continue to wear masks indoors and in crowded outdoor spaces. Masks are required for everyone on all forms of public transportation. Individuals looking to get COV-ID-19 vaccine can visit [vaccines.gov](https://vaccines.gov) to find a location close to them and make an appointment. Individuals can also text their ZIP code to 438829 and get a text with the closest COVID-19 vaccine location.

All of the monuments and memorials along the National Mall are open to welcome visitors Independence Day, with the exception of the Washington Monument. In addition to the National Mall, the fireworks can be seen from other locations in the District and northern Virginia, including President's Park and sites along the George Washington Memorial Parkway. These locations include the U.S. Marine Corps War Memorial and Netherlands Carillon; Columbia Island/Lyndon Baines Johnson Memorial Grove; Gravelly Point, just north of Reagan National Airport and Washington Sailing Marina at Daingerfield Island.

Updates on the Independence Day celebration can be found at [www.nps.gov/foju](https://www.nps.gov/foju).

## Capitol Fourth on PBS

The 41st annual broadcast of "A Capitol Fourth" airs on PBS Sunday from 8 to 9:30 p.m. as well as to troops serving around the world on the American Forces Network. The program can also be heard in stereo over NPR member stations nationwide, and will be streaming on Facebook, YouTube and available as video on demand for a limited time only, July 4 to 18.

The program will feature a rendition of Tchaikovsky's "1812 Overture" with the National Symphony Orchestra and Joint Armed Forces Chorus to accompany the fireworks. Also participating are members of the U.S. Army Band "Pershing's Own," the U.S. Army Herald Trumpets, Joint Armed Forces Chorus and Armed Forces Color Guard provided by the Military District of Washington.

## New hours for USO MilFam

The USO continues to support Soldiers, Families, retirees and the joint base community through its MilFam Market, taking place the third Thursday of every month.

Those with base access can continue to pick up nonperishable goods in the Tri Services parking lot across from the community center during the event. Due to the warmer summer weather, the event is now held earlier, from 10:30 to noon. Note that USO may ask voluntary basic demographic questions in order to ensure they know how much food to order for the next month's market.

## Welcome back to bowling center

The JBM-HH Bowling Center is now open at 50% capacity with 10 lanes open for bowling and limited seating for indoor dining, with social distancing protocols in place.

The bowling center grill continues to offer its grab-n-go food service during the center's hours of operations, which are 7 a.m. to 7 p.m. Monday through Thursday and 7 a.m. to 8 p.m. Fridays. The bowling center is not open during weekends at this time.

## Protect information

Individuals should be skeptical of anyone contacting them from the federal government. No agency will call, email or text demanding personal information or money to get a COVID-19 vaccine certificate or passport.

## ASAP training

The Joint Base Myer-Henderson Hall Army Substance Abuse Program is hosting installation level ASAP training on MS Teams Thursday from 10 to 11 a.m. To attend the training, please visit <https://dod.teams.microsoft.us/l/team/19%3adod%3a4d3b81dc18de4053adbf25af881dcd9%40thread.skype/conversations?groupId=7db31ed5->

[e060-4ac8-8f7e-4f1f7ff59741&tenantId=fae6d70f-954b-4811-92b6-0530d6f84c43](https://dod.teams.microsoft.us/l/team/19%3adod%3a4d3b81dc18de4053adbf25af881dcd9%40thread.skype/conversations?groupId=7db31ed5-e060-4ac8-8f7e-4f1f7ff59741&tenantId=fae6d70f-954b-4811-92b6-0530d6f84c43).

For more information or questions, call George Suber (703) 696-3900.

## Debts owed

Anyone with debts owed to or by the estate of Staff Sgt. Hinojos, Kema. Company C, Troop Command, Walter Reed National Military Medical Center, must contact 1st Lt. Rita Marie Concannon the summary court officer for the Soldier. Hinojos recently passed away June 3. For more information, call Concannon at (610) 945-6384.

## Zembiec Pool

The Zembiec Pool is open for outdoor operations under the following hours: Monday through Friday from 6 a.m. to 7 p.m.; closed weekends and holidays; 15 year old and older open swim all day; 15 and under open swim from 8 a.m. to 5 p.m. The pool will be closed Monday for the July 4 federal holiday. The facility will be open to active duty and Reserve uniformed service members, retirees, their dependents and current DOD/USCG civilians with an approved ID card.

## Run with the Marines

The 2021 Marine Corps Marathon Weekend will be held live and in-person Oct. 29 to 31 in Arlington, Virginia, and the nation's capital. The 2021 MCM weekend includes the live 46th MCM, MCM50K and MCM10K Oct. 31, with all three events being offered as virtual options as well between Oct. 1 and Nov. 11. If available, general entries to the live event are available online. Please follow the MCM website at [marinemarathon.com](https://marinemarathon.com) and social media channels for updates. All questions may be directed to [MCMCustomerService@usmc-mccs.org](mailto:MCMCustomerService@usmc-mccs.org).

## Gym hours

All JBM-HH gyms are currently open to DOD ID cardholders with an occupancy limit of 50. The Smith Gym at Henderson Hall has new hours. The Smith Gym operational hours are Monday through Friday from 5 a.m. to 7:30 p.m. and Saturday to Sunday from 8 a.m. to 2 p.m. Smith Gym workouts should do not exceed one hour. Unit training reservations and recreational usage of the facility is prohibited. Locker rooms and showers are open. The H.I.T.T. facility will be closed. Group workouts are prohibited. The Myer Fitness Center hours are Monday through Friday from 5 to 7:30 a.m., 11 a.m. to 1 p.m. and 4 to 6 p.m. and the McNair Fitness Center hours are from 5 to 10 a.m. The locker rooms and sauna are closed at this time.

## Check on your buddies

You are not alone. Everyone with PTSD needs to know that

treatments work and can lead to a better quality of life. Take time today to learn the symptoms and how to help. If you need help right now, please call (800) 273-8255.

For more information, visit <https://go.usa.gov/x6wRP>.

## AER education assistance for children

The Army Emergency Relief COVID-19 child care assistance program and homeschool/remote learning assistance programs are need-based and there is 100% grant assistance programs for Soldiers and Army Families affected by the COVID-19 pandemic. Learn more online at the Army Emergency Relief website at <https://www.armyemergencyrelief.org/assistance/>.

## Virtual SHARP training

There is nothing more important than the welfare and readiness of our people, the people of the National Capital Region and its population of military and civilian forces.

Fiscal year 2021 sexual harassment, assault response and prevention refresher training is open to all assigned to the National Capital Region. This training reasserts the importance for leaders and the chain of command in providing quality, relevant training and education to improve and sustain positive organizational climates that emphasize Army values and treat everyone with dignity and respect.

If someone needs support at any time, reach out to the DOD Safe Helpline by calling (877) 995-5247. The 24/7 Safe Helpline is anonymous and confidential.

## Marine Corps Exchange

The Marine Corps Exchange is open from 9 a.m. to 7 p.m. Monday through Saturday and from 10 a.m. to 6 p.m. Sundays and holidays, to include the Vineyard. All three levels are open. The Marine Corps ID Card Center continues to serve, by appointment only, at Marine Corps Exchange on the third floor. The hours of operation are from 9 a.m. to 5 p.m. Monday through Friday, with a daily closure from 11 to 11:30 a.m. All personnel are required to book appointments at <https://idco.dmdc.osd.mil/idco/locator>.

The carwash service at Henderson Hall remains open. For more information on Henderson Hall services and hours of operation, visit <http://www.mccshh.com/mcx/>.

## Drive through services discontinued

The Andrew Rader Pharmacy has discontinued drive through services and has returned to indoor operation. Pharmacy hours of operation remain the same, Monday through Friday from 7:30 a.m. to 3:30 p.m. The entrance to the pharmacy is accessible through the side pharmacy or front clinic doors.